

## Survival Class #1 – First Aid and Shelter Construction

- Determine the Priorities of the Situation
- Is it a life or death situation
- Is the person in danger of more injury
  - Should the victim be moved to a safer location?
  - Is it safe to move the victim?
    - Is there a possible neck/back injury?
- What needs to be attended to first?
  - What is the most serious injury
    - What makes it a serious injury?
- How bad is too bad?
  - What types of injuries need immediate professional attention?
  - How will we take care of the following situations?
    - Head, Neck, Back injuries
    - Poisoning
    - Broken Bones
    - Heart Problem
  - How to transport a victim to get help
  - What if they can't be moved?
    - Who will go for help and who will stay with the victim?
- Items to have in our Personal Survival First-Aid Kits
  - Band-aids
  - Antibiotic Ointment
  - Antiseptic Wipes
  - Gauze
  - Bandana / Wrap
  - Ibuprofen
- Items that should be in our Troop Survival First-Aid Kit
  - Larger Bandages
  - Larger Gauze
  - Adhesive Wrap

- What would you do if you encountered:

- Hypothermia (cold)
  -
- Heat Exhaustion
  -
- Muscle Cramps
  -
- Insect Bites
  -
- Animal Bites
  -
- Snake Bites
  -
- Altitude Sickness
  -
- Broken Bones
  -
- Toothaches
  -
- Not Breathing
  -
- No Heartbeat
  -

### Building Shelters while following "Leave No Trace"

- What is important in a shelter?
  - Stay Dry
  - Block Wind
- What types of shelters can you make?
  - Snow cave
  - Cave
  - Tarp Tent
    - Tarp
    - Rope
    - Sticks
  - What do we do about mosquitoes?